

# Arts and Crafts, Activity, and Game Pages

*(Prepared by Lucas County Board of DD Senior Supports Committee for our web page resources.)*

## **Pages with Craft and Activity Ideas**

<https://www.instructables.com/>

<https://www.lilblueboo.com/>

<https://dailycaring.com/>

<https://tipnut.com/>

[www.lollyjane.com](http://www.lollyjane.com)

[www.momluck.com](http://www.momluck.com)

[www.momfoodie.com](http://www.momfoodie.com)

<https://www.instructables.com/>

[www.makeavisionboard.com](http://www.makeavisionboard.com)



## **Coloring Pages**

<https://www.artofjustus.com/free-coloring-book-pages.html>

<https://www.crayola.com/featured/free-coloring-pages/>

<https://www.justcolor.net/>

<https://topcoloringpages.net/>

<http://www.supercoloring.com/sections/coloring-pages>

<http://coloring-4kids.com/>

<https://www.freeprintablecoloringpages.net/>



## 7 of the BEST ADULT BRAIN-BUILDING PUZZLES

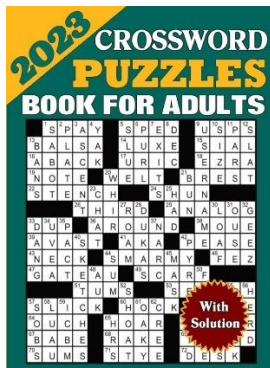
1. Sudoku
2. Scrabble or Crossword Puzzles
3. Lumosity
4. Chess
5. Jigsaw Puzzles
6. Matching Card Games
7. Mario Kart



For full site Click Link:

<https://www.completingthepuzzle.com/blog/7-best-brain-games-for-adults>

## Puzzles (some of these are free, some require a subscription)



<https://www.npr.org/series/4473090/sunday-puzzle>

<https://gamesmagazine-online.com/category/puzzles/>

<https://www.hos.com/home>

<https://www.wgte.org/radio/local-radio-programs/jazz-spectrum>

## OTHER GAMES

### ***Mah-jongg (Mahjong)***



Mah-jongg offers cognitive, social, physical and mental, benefits for seniors, as well as stress relief. Yoshiro Katsuura, an orthopedic spine surgeon and author of *The Spine Encyclopedia*, who treats many older patients, says, “The ability to quickly solve and respond to different problems deteriorates as people grow older. Participating in games of strategy like mah-jongg can be protective against this decline. Meaningful, intellectually stimulating social engagement prevents the depression of isolation.”

Read more at [AARPethel.com](http://AARPethel.com) and [dovemed.com](http://dovemed.com)

[Play mah-jongg online free here.](#)

### ***OuiSi (Pronounced "We-See")***

Includes Original, Nature, and Getty Museum versions



<https://shop.ouisi.co/pages/memory-care>

Intuitive visual games designed to stimulate and captivate individuals with AND without dementia, foster a low-stress environment, and encourage understanding and creativity while bridging generations and sparking meaningful conversations (with or without words).

### ***Qwirkle*** (somewhat like Dominoes or Rummy)

<https://www.ultraboardgames.com/qwirkle/qwirkle-rummy.php>

<https://alzheimersactivities.wordpress.com/2014/05/28/play-qwirkle/>



### ***Pinball***

Pinball can benefit those with dementia!

[Click here to read about what the benefits are, as well as where to play pinball in the Toledo area.](#)

[Click here for some pinball history.](#)

### ***Jeopardy! Trivia Games***

<https://www.jeopardy.com/games-more>